






## Welcome to your regular newsletter from The King's Trust in Nottingham

We have so many great courses for young people aged **16-30** to get involved in. Courses are free and give people the tools to build their confidence, find a job or start their own business.

If you know a young person who is not in education, employment or training and would benefit from our support, email us at [eastmidlandshub@kingstrust.org.uk](mailto:eastmidlandshub@kingstrust.org.uk)

### Course details and dates

EXPLORE Taster Day	EXPLORE	Development Awards
		
<p>Location: King's Trust at Castle Meadow Campus Nottingham Date: 21st of November 2024 Age: 16-25</p> <p><b>Who is this course for?</b> Young People ready to try new things and develop life skills. Looking for ways to boost their confidence. Excited to improve their teamwork and communication skills. Not in education, training or employment.</p> <p>Lunch is provided, and travel costs will be covered. Joining the programme won't affect Young Peoples benefits.</p>	<p>Location: King's Trust at Castle Meadow Campus Nottingham Date: 26<sup>th</sup> of November 2024 Age: 16-25</p> <p>Want to start achieving their goals but not sure how to get started? Sign up to EXPLORE for free. During Explore, you'll boost their confidence and gain teamwork and communication skills.</p> <p>Explore is a flexible programme that gives them the chance to lead their own personal development.</p> <p><b>Attendees the Taster Day will have the opportunity to the start this 5-week programme on the 26<sup>th</sup></b></p>	<p>Age: 16-30</p> <p>The Prince's Trust can provide young people with a Development Award. The amount of each Award depends on their unique needs, future career goals and personal development plans. Awards are available from £10 right up to a maximum of £500.</p> <p>Accredited course fees up to Level 3 Tools, equipment or uniforms Job licence fees Transport to a new job until paid</p> <p><b>Email us to start an application or check what can and can't be funded.</b></p>



## What's been going on recently in Nottingham – Get Started with Empowerment



The Nottingham Prince's Trust team delivered a special 'Get Started with Empowerment' programme in partnership with Boots and following the programme, proudly marched at the Nottingham Pride parade with our incredible young people.

The programme had 10 young participants over the duration of the programme and parade day, who all identified as either LGBTQIA+ or allies.

The wonderful process to pulling this programme together was reaching out to and collaborating teams within The Prince's Trust, Boots, local partners and local businesses.

Keira Mingay, Student Volunteer:

*"It was just great to watch all the young people grow in confidence and many experienced their first pride parade with us, so you could tell it meant a lot to them. It was the best way I could have hoped to close out my time as a student volunteer with the team!"*



Overall, the programme succeeded in Empowering Young People to gain confidence, make friends and attend their first Pride parade, feeling encouraged to be authentically themselves regardless of the barriers they've faced.

Our colleagues enjoyed the day by taking part in the parade with Young People and managing the stall to help reach other Young People that could start their journey building their confidence on our Nottingham EXPLORE programme. If you have someone you are working with that would enjoy developing their life skills get in touch!